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FRIDAY, OCTOBER 23, 2009

So far,  
so good

Beth Moore  
shoots video in  
the Falls  
Page 23



**Doors Open**

Local landmarks welcome visitors  
Page 6

**Bridges to wellness**

New health centre in town  
Page 14

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# INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 42 VOLUME 13

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)

## VALE INCO

### Trial begins

ALLAN BENNER  
InPort News Staff

WELLAND — After years of preparation, lawyer Eric Gillespie says "the largest environmental class-action (lawsuit) in Canadian history" began last week in a Welland courtroom.

For the residents of Port Colborne who are suing Vale Inco for \$400 million, it's been a long time coming.

See VALE INCO | Page

## FUNDRAISER: Country Walk draws 180 people to Whisky Run

### Stepping toward a cure

MARYANNE FIRTH  
InPort News Staff

PORT COLBORNE — Everyone walked for someone. Some walked for family, some for friends, and some for themselves — but all walked for hope.

The 16th annual Country Walk for Breast Cancer was held at Whisky Run on Sunday, and emotions were running high. The walk and the fourth annual golf tournament were held to raise funds for the Port Colborne hospital mammography department and the Ramona Pizzo/Bonnie Jackson Breast Cancer Centre.

Ramona's daughter, event co-organizer Teresa Pizzo, flew in from California to attend the walk in her mother's memory.

Teresa and Jackson, a two-time breast cancer survivor, founded the walk together in 1994.

During the event's opening ceremony Carmella Rulli, of the Port Colborne Hospital Foundation, told the crowd the event was "a day of remembrance and tears, but also "a day of hope for a better, healthier tomorrow."

"It's a day of belief in knowing that through the unselfish hard work of people like Teresa and Bonnie and through the generosity of all those present here (Sunday), we can make a difference in the lives of others."

The 2009 cancer survivors were then brought on stage to be celebrated by all in attendance. People clapped, cheered and cried in support.

See COUNTRY WALK | Page 2

MARYANNE FIRTH Staff Photo

Pictured right: A retired member of the Port Colborne fire department, Joe Nagy helps to hand out hugs and flowers to walkers crossing the finish line at the Country Walk for Breast Cancer on Sunday.



See Inside: **PUPO'S INSERTS**  
Full Distribution

**HOMES**  
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# upfront

■ COUNTRY WALK: \$5,000 raised before walkers took a step

## Event celebrates those who battled breast cancer

FROM PAGE 1

With a band reading "In memory of Ramona" on her arm, Teresa took to the stage, asking everyone in attendance to hug those around them — strangers or otherwise.

"We are united," she said, before the crowd engaged in a moment of silence in remembrance of those who have lost their battle with cancer.

Before the walk began, Melanie Parker took to the stage to perform Melissa Etheridge's song *I Run For Life* — a song Parker said is "about survival and hope."

Tears began to flow in the crowd as the performance neared its end and the walking began. Participants walked with pink signs on their backs with the names of those for whom they walked in support.

About 180 people participated in the 5 km walk, along with 34 golfers who did their part on the green to help raise funds.

Roughly \$2,500 was raised by golf participants alone.

That, with an additional large donation of \$2,500, meant the event had raised \$5,000 before walkers took a step. A total sum was not available.

Jackson said donations were slightly down this year because of the economy, but people were still supportive nonetheless.

"We're so thankful for everything we get, because we understand it's a tough time," Teresa said.

About 50 volunteers helped to run the event, which included a barbecue and mini food festival for walkers upon their return.

Waiting for participants at the finish line were members of the Port Colborne Fire Department, who handed out a pink flower and hug to each walker.

Although it's an emotional occasion and tears do flow, the walk is meant to celebrate the lives of those who have passed from or survived their battle with cancer, Teresa said.

The event's newest co-ordinator Cheryl James said some walk participants are currently battling the illness, but they still made the effort to attend.



MARYNNE FIRTH Staff Photos

Left: The 2009 cancer survivors were applauded on stage by participants at the 16th annual Country Walk for Breast Cancer at Whisky Run Sunday.

Right: Friends Alex Hilborn, Kate William and Sarah Hiseleur participated in the Country Walk for Breast Cancer in support of their family members and friends whose names they proudly wear on their backs.

"It's really tough," she said, adding people who have been touched by cancer in a number of ways participate in the walk.

She stressed the importance of early detection and getting checked regularly.

"We encouraged people to get checked ... Awareness is key," Teresa said.

She said it's encouraging for many women who participate in the walk and get checked at the breast screening centre to know they've helped with the funding.

Walk participants show support to one another, regardless of how their lives have been affected by the disease, Teresa said.

"We're not alone," she said.

"We're all here as one, together. That's why we do it."

Fifteen-year-old Alex Hilborn walked in support of her grandmother and mother, with her family members and friends by her side.

Before dying from breast cancer, Hilborn's grandmother was an annual participant in the walk — even participating in her wheelchair as her condition worsened. Hilborn's mother is a cancer survivor and has also participated in the walk for a number of years.

Hilborn said she likes to think her grandmother is still doing the walk with her each year in spirit.

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# portraits

## An A for effort

Students at Lakeshore Catholic High School had the opportunity to try a different way of playing ball hockey, soccer and European handball during an OFSAA sponsored Try Day last Wednesday. Small nets eliminate the need for a goalie and give equal playing time to all players.

— KAESHA FORAND, Staff Photos

**Pictured right:** Troy Hunneault (left) avoids Eli Darton while playing European handball.

**Lower left:** Wesley Zandvilet (left) is blocked by Max Gravelle as he tries to shoot in the hockey net.

**Lower right:** The Grade 9 boys gym class had the opportunity to try a mini soccer game with the small nets.



# IMPORT NEWS

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Ken Koyama, publisher, general manager

SUN MEDIA  
A Canadian Media Company

## ourview

### A solid plan to build Ontario's wine industry

KALVIN REID  
Sun Media

The Ontario government is making a concerted effort to boost the profile, availability and production of true Ontario wine.

It took a while for the province to step up, but the effort it is proposing is a good one. And if it works — and it should — it will solidly place the VQA brand as the wine of choice for Ontario wine consumers.

Among the measures is a welcome return of an expired rebate program that made it more feasible — and profitable — for small- and medium-sized wineries to access shelf space in LCBO outlets. It's a welcome measure. The province will also temporarily boost the domestic content of Cellared In Canada (CIC) wines with the goal of eliminating the local content by 2014.

The controversial CIC wines are important to the industry as they use about half of the domestic grape crop in any given year. In an ideal situation, all of those grapes would go into VQA wines, which is where the province would like to be in five years.

It's an admirable and achievable goal.

The province will also continue its recent trend to put more marketing and promotional muscle behind VQA wines. What will determine the success, or failure, of this plan is the building of the VQA brand and its availability to combat an outdated image of subpar Ontario wines.

Consumers need to clearly understand that true Ontario wines are quality wines. They must also understand the difference between a VQA wine and a CIC wine — for many years the LCBO did little to distinguish between the two.

Many don't know that to bear the VQA medallion, a wine has to be 100% Ontario. Many others aren't aware that a CIC wine may contain up to 70% foreign wine.

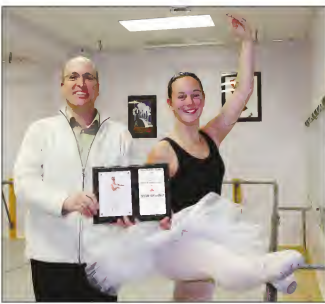
These measures being enacted by the province will put the spotlight squarely on the VQA brand; reducing the emphasis, and reliance, on CIC wines will go a long way to clearing up that confusion.

The road the province has chosen to follow, while not perfect, is a well-thought, measured approach that will win the Ontario wine industry off its need for the lucrative CIC wines while preparing the marketplace for the shift to VQA.

What's more, it will be for the benefit of the Ontario wine industry, both at home and abroad.

There's not a wine region in the world that doesn't put an emphasis on its homegrown product. It's nice to see Ontario is moving in that direction.

## SPONSORSHIP: Pointing students in the right direction



KAESHA FORAND Staff Photo

State Farm agent Mark Guilbault presented Dance Expressions student Esther Eruysal with a \$300 dance sponsorship to ensure she continues to dance through her Grade 9 school year. The sponsorship was created to ensure students continue to dance when they enter high school.

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Fashions provided by AVON, Cleo/Ricki's, Wishing Well Bridal and Formal Wear, Mark's Work Warehouse and more added to our event helping

make it the huge success it was.

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To the 2009 Pink Ribbon team who helped organize this event — thank you. We also would like to thank all the volunteers who helped before, during and after the event, as well as the models and their escorts — three stations of Pelham Volunteer Firefighters. We trust that we will be joined next year by the same attendees, sponsors, and volunteers — we could not have accomplished such a fabulous fundraiser without all of your help. Together we can make a difference.

— The 2009 Pink Ribbon Team and Breast Cancer Research and Education

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## WORLD ISSUES

### Armenia: The end of the debate?



Gwynne Dyer

The first great massacre of the 20th century happened in eastern Anatolia 94 years ago.

Armenians all over the world insist that their ancestors who died in those events were the victims of a deliberate genocide, and that there can be no reconciliation with the Turks until they admit their guilt. But now the Armenians back home have made a deal.

On Oct. 10, the Turkish and Armenian foreign ministers signed a accord in Zurich that recognizes a border between the two countries, closed since 1993, and creates a joint historical commission to determine what actually happened in 1915. It is a triumph for reason and moderation, so the nationalists in both countries attacked it at once.

The most anguished protests came from the Armenian diaspora: eight million people living mainly in the United States, France, Russia, Iran and Lebanon. There are only three million people living in Armenia itself, and remittances from the diaspora are twice as large as the country's entire budget, so the views of overseas Armenians matter.

Unfortunately, their views are quite different from those of the people who actually live in Armenia. For Armenian nationalists, making the Turks admit that they planned and carried out a genocide is supremely important. Indeed, it has become a core part of their identity.

For most of those who are still in Armenia, getting the Turkish border re-opened is a higher priority. Their poverty and isolation are so great that a quarter of the population has emigrated since the border was closed 16 years ago, and trade with their relatively rich neighbors to the west would help to staunch the flow.

But any practical consideration justifies abandoning the traditional Armenian demand that Turkey admit to a policy of genocide. Yes it can, because it is probably the wrong demand to be making.

Long ago, when I was a budding historian, I got sidetracked for a while by the controversy over the massacres of 1915. I read the archival reports on British and Russian negotiations with Armenian revolutionaries. Yes it can, because the Ottoman empire entered the First World War on the other side in early 1915.

See GWYNNE DYER | Page 5

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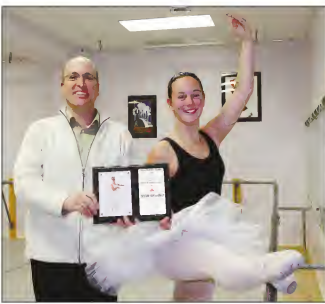
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See GWYNNE DYER | Page 5

■ **DOORS OPEN:** Marshville Heritage Village among sites offering visitors an inside look

# Event opens doors to local treasures

MARYANNE FIRTH  
InPort News Staff

WELLAND — Doors opened across Niagara last weekend and visitors happily entered.

The Binational Tourism Alliance held its eighth annual Doors Open Niagara event, opening 77 sites free of charge across the region and western New York.

Locally, tours were offered at the Welland courthouse, Welland Historical Museum and Marshville Heritage Village in Wainfleet. Welland Civic Square was open for visitor information but tours were not provided.

Lowbanks resident Ruth Rykse and husband Daniel made their rounds to several of the Doors Open Niagara sites over the weekend.

While touring the Welland Museum, Rykse said she became fascinated with the third-floor archives — which are normally closed to the public. Filled with shoes, clothing, hats and artifacts from all different periods, the archives are where exhibit items are carefully stored when not on display.

She said she was impressed at how organized the archives were, and thankful that so many people had "donated their treasure."

The museum tour allowed participants to learn what happens when an item is donated and the process that occurs when an exhibit is put together.

"There's so much that goes on behind the scenes," said museum director Nora Reid.

She said people are often shocked at the amount of



MARYANNE FIRTH Staff Photo

During Doors Open Niagara last weekend, volunteer George Csuka explained how equipment in the saw mill operates during a tour of Marshville Heritage Village.

items — more than 250,000 paper documents alone — are contained within the archives.

"Doors Open" gives people the chance to see how the museum operates behind the scene.

Each year during Doors Open Niagara, Rykse and her husband fill their weekend touring various sites across the region. She said it's enticing to be able to tour places while learning about the history of Niagara in the process.

"Sometimes you forget what's in your own area," she said, adding people sometimes don't realize the history found within their city.

Rykse said the Doors Open event encourages people to explore that history and learn a little more about what's happening in the area.

Jean Detenbeck, a member of the Niagara Handweavers and Spinners guild, was demonstrating some of the equipment for visitors passing through the lower level of the museum. The museum is the guild members' home base — where they store a majority of their equipment and hold their meetings — unbeknownst to many people.

Detenbeck said people are often surprised to learn the guild meets so frequently at the King St. facility.

"We're a living exhibit," she said, adding people are often invited to come and watch the weavers and spinners in action.

Curator Penny Morningstar tried on a different hat for the weekend — giving guided tours of the Welland courthouse. Hundreds of people passed through the large courthouse doors each day over the weekend to tour areas normally closed to the public.

Morningstar described the architecture and upkeep of the building to tour group while also sharing stories of happenings at the courthouse throughout the years. Visitors got to hear the jail cells and see what life would have been like for criminals decades ago.

See **DOORS OPEN** | Page 16



## NOTICE OF INTENTION TO ADOPT A MUNICIPAL REGISTER OF HERITAGE PROPERTIES UNDER SECTION 27 OF THE ONTARIO HERITAGE ACT

**TAKE NOTICE** that the Council of the Corporation of the City of Port Colborne proposes to adopt a Municipal Register of Heritage Properties on November 9, 2009, at 6:30 p.m., under Section 27 of the Ontario Heritage Act.

The Municipal Register is the official list of properties that have been identified as being culturally or historically important to the community. The Register helps the City keep track of its cultural heritage resources and plan for their conservation. The Register also includes key information on all the buildings, structures, landscapes and districts that are thought to have heritage value or interest. If your home is 75 years or older and not yet on the Register consider adding your property to the list and protecting its cultural heritage value.

The Register includes key information on all the buildings, structures, landscapes and districts that have been designated under the *Ontario Heritage Act*. The Register also includes "non-designated" properties that may have cultural heritage value or interest. The listing of non-designated properties provides interim protection for sites undergoing change by requiring owners to provide the City with at least 60 days notice of their intention to demolish or remove a building or structure on the property. This notice period allows the City to make a well informed decision about whether long term protection of the property should be sought through the formal designation process.

Inclusion on the Municipal Register as a "non-designated property" does not mean your property is being designated. Also the process for renovating a building has not changed.

If your property is 75 years or older, it may be included on the Register. The City of Port Colborne's proposed Municipal Heritage Register is available for viewing at [www.portcolborne.ca](http://www.portcolborne.ca) or in hard copy at Port Colborne City Hall, 66 Charlotte St, Port Colborne, ON, L3K 3C8.

If you have any questions they may be directed to Shannon Larocque of Planning and Development Services at (905) 835-2901 ext. 202.

Dated at the City of Port Colborne this 23<sup>rd</sup> day of October, 2009.

Shannon Larocque, Planner  
Planning and Development Services

City of Port Colborne, 66 Charlotte Street, Port Colborne, Ontario L3K 3C8



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■ **ROADS:** It's full speed ahead on Feeder Road after council rejects proposed 50 km limit

## Council slams the brakes on proposed speed reduction for 'Feederbahn'

KAESHA FORAND  
InPort News Staff

**WAINFLEET** — The 80 km/h speed limit on Feeder Rd, will remain the way it is.

During the Tuesday Oct. 13 township council meeting, aldermen heard a staff report recommending a reduction in the Feeder Rd. speed to 50 km/h from 80 km/h.

The road is undergoing construction and will feature the township's first bicycle lanes.

"It is staff's opinion that the proposed two new 50 km/h speed limit zones will increase safety for cyclists, pedestrians, residents in the Wainfleet village, motorized vehicle operators and will improve safety throughout the horizontal curve located at the east end section of Feeder Rd.," the report stated.

Council, on the other hand, was not in favour of changing the speed.

Feeder Rd. is also known as the Feederbahn because drivers often travel faster than the posted 80 km/h limit.

The reduction would extend a 50 km/h speed limit near the village and also would have reduced speed near Forks Rd.

**I'm one that doesn't like speed limits changed.**

Ron Kramer, alderman

"I'm one that doesn't like speed limits changed," said Ald. Ron Kramer. Ald. Evan Muir and Mayor Barb Henderson both supported reducing the speed in the name of safety and encouraging cyclists to use the new bicycle lanes.

Although the bicycle path is only currently available midway through the road, operations director Greg Wutsman said the township has made an application for \$100,000 to the region to extend the bike lane to Forks Rd.

The bylaw, which was brought forward during the committee meeting, was opposed and will not move forward.

kforand@wellandtribune.ca



LARRY BOGGIO  
R. Ph. B. Sc. Pharm. (onion)

## Ask Our Pharmacists



DONNIE EDWARDS  
R. Ph. B. Sc. Pharm.

## What is Compounding?

(PART II)

**Compounding is the art and science of preparing customized medications designed to suit every patient's individual and unique needs.**

*Areas in which compounding is especially useful include: pediatrics, veterinary medicine, pain management, and bio-identical hormone replacement therapy (BHRT)*

### Pediatrics:

Do you find yourself struggling to give your children their medications? We can help! Children are especially suited for custom compounded prescriptions for various reasons. First of all many children hate taking or just plain can't take commercially available medications because they are either too hard to swallow, don't taste very good or may even be made in too high of a dose for younger patients. If this is the case we can work with your child and your doctor to come up with a dosage form and flavour that your child will find much easier and more enjoyable to take. For example, many medications can be easily incorporated into an oral suspension and flavoured according to your child's taste preferences. Although we may not be able to make taking medications fun we will be able to make taking medications much less stressful and a lot more tasty!

### Pain management:

Are you suffering from arthritis, sports injuries or neuropathic pain? We can help! Certain arthritis/pain medications can cause unwanted side effects, such as GI irritation, when taken on a regular basis. Why not minimize/prevent these side effects by applying a compounded topical gel directly to the affected area? Has nothing worked for the neuropathic pain you are experiencing? Get us to combine several different effective neuropathic pain medications that act on different pathways into one compound to prevent all pain at once. Ask our pharmacists to see what we can do for your pain.

### Veterinary Compounding:

Does your dog/cat hate taking pills from the vet? Can your dog/cat somehow manage to eat all of the peanut butter and cheese surrounding a pill yet still not take the pill itself? We can help! Veterinary medicine can benefit substantially from compounding. Drugs for your animal can be compounded into several dosage forms that are appropriate for your pet's condition and taste preferences. We realize that all animals have different taste preferences and we can work with you to figure out which flavour is best suited for your pet. For example, dogs normally prefer liver or chicken flavour, while cats would rather have fish flavoured medication. We can make compounds for picky animals of all shapes and sizes. From dogs, cats and horses to more exotic animals such as monkeys and parrots. You name the animal and condition and we can help you out as best as we can!

### BHRT:

Are you interested in BHRT? Talk to one of our pharmacists to see if it is right for you. We can work with you and your doctor to get you on a dose of hormones that is suited specifically to your symptoms and condition.

## Two Locations:

BOGGIO

H.D.A.

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200 Catherine St., Port Colborne, ON

905.834.3514

BOGGIO & EDWARDS

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307 Ridge Rd., Ridgway, ON

905.894.2200

[www.boggios.com/Compounding](http://www.boggios.com/Compounding)

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## Ruth's Appointment Calendar Used To Be The TV Guide



### Now her calendar is full

Now that Ruth lives in a Chartwell residence, she's learned how to use the game system instead of the TV remote control and every day is filled with new friends and experiences.

To find out more call Chartwell  
Select First Avenue at 905-735-5333  
or visit [www.chartwellreit.ca](http://www.chartwellreit.ca)

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RETIREMENT RESIDENCE!



I was so  
thrilled to  
hear that  
Maggie  
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**CHARTWELL**  
FIRST AVENUE  
163 First Avenue, Welland, Ontario  
THE RETIREMENT OPTION OF CHOICE  
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RETIRED LIVES



## alongthelakeshore

Port Colborne Public Library activities.

Tai Chi can improve your health, well-being, balance and breathing. Mondays 6:30

p.m. to 8 p.m. at the library. Call 905-321-9536 for more information.

Yoga with Heather Jones at the Port Colborne Public Library, Wednesdays, 9:30 a.m. to 11 a.m. until Nov. 4. For more information or to register call Heather at 905-962-6936.

Cocoa Craft Club. For ages eight to 13 on Wednesdays, Oct. 7, 21, Nov. 4, 18 and Dec. 2. Stories, activities, games, crafts and a mug of cocoa. Cost is \$2. Pre-register at the library.

See **ALONG THE LAKESHORE** | Page 10

## Raising Resilient Children and Youth An Evening for Parents/Guardians

- ♦ Wednesday, October 28th
- ♦ 7:00-9:00pm
- ♦ Four Points Sheraton, 3530 Schmon Parkway, Thorold
- ♦ Community Resources/Displays
- ♦ Free Childcare for Children ages 7 and up

This is a **free** workshop; however advanced registration is required.

### To Register:

E-Mail: [megan.delben@niagararegion.ca](mailto:megan.delben@niagararegion.ca)  
Phone: 905-688-8248 ext. 7267

"If you require childcare, please indicate the number and ages of children when you register."

"Raising Resilient Children and Youth" is the first workshop in the "Tune In to Mental Health & Addictions Series".

### Upcoming "Tune In" Workshops include:

- ♦ **Bullying**, Nov. 4th, 7:00pm, Canadian Mental Health Association, 36 Page St., St. Catharines
- ♦ **Who Can Help My Child?** Nov. 18th, 7:00pm, Bridges Community Health Centre, 1485 Garrison Rd., Port Erie
- ♦ **Concurrent Disorders**, Dec. 2nd, 7:00pm, Niagara Falls Library, 4848 Victoria Ave.
- ♦ **Suicide Talk**, Dec. 9th, 7:00pm, Port Colborne General Hospital, 260 Sugarcraft St.

Excerpt, Educator & Engineer, Niagara's Youth Drug Strategy



### Come hear an expert in the field of resiliency

**Dr. Wayne Hammond**, Executive Director of Resiliency Canada, located in Calgary, Alberta, has focused his career on finding new ways to build on the strengths of children/youth and their families.

Long-term developmental studies have followed children and youth raised in extremely high-risk environments that included significant levels of poverty, alcoholism, drug abuse, physical and sexual abuse, and mental illness.

Researchers have found that between 50-70 percent of these individuals grow up to be not only successful but confident, competent, and caring persons.

The reason some individuals succeed when faced with risks and adversity is **resiliency** – the capability of individuals and systems (families, groups and communities) to cope with significant adversity or stress in ways that are not only effective, but tend to result in an increased ability to constructively respond to future adversity.

Join us in our dialogue with Dr. Wayne Hammond and learn how to build strengths and increase resiliency in our kids.

NIAGARA DRUG AWARENESS COMMITTEE

## ■ H1N1

## Shots expected by month's end

GRANT LAFLECHE  
Sun Media

Distribution of the H1N1 vaccine could begin in Niagara as early as Monday.

Fiona Peaceful, the public health department's director of community development and surveillance, said the health department has yet to receive final approval from the provincial government, but it's targeting Oct. 26 for the start of community inoculation clinics to protect people from the pandemic strain of influenza.

Dr. Val Jaeger, Niagara acting associate medical officer of health, said she expects the drug to arrive soon.

"We expect to get our first share of the vaccine in one to two weeks."

Health Canada approval of the Quebec-made vaccine is expected soon. Jaeger said once the drugs arrive, the public health department will use a combination of family doctors, walk-in clinics and public-health clinics to distribute the vaccine. She said the priority will be to vaccinate health-care workers and people with chronic illness or other health conditions.

"It can be something like asthma or a heart condition," she said. "You don't have to be seriously ill with whatever your condition is to get the shot."

However, Jaeger stressed that if someone who is not part of the priority demographic comes in for a shot, they won't automatically be turned away.

"Rather, we'd like to point to those people who shouldn't get the vaccine, which are pregnant women and children under three," she said.

The dates and times for vaccinations are still being worked out, she said.

Peaceful said there are actually two forms of H1N1 vaccination that will be distributed – adjuvanted and unadjuvanted. Adjuvants are compounds added to vaccines to stimulate the body's immune response. The adjuvanted vaccinations will be first available, while the unadjuvanted form of the vaccine – for pregnant women and children under the age of three – will be available mid-November.

The federal government has come under fire for what critics are calling a delay in the deployment of the vaccine.

Other countries, including the United States, have already started using a version of the H1N1 vaccine. Canadian health officials say a different form of the vaccine will be used here, and it took some time to properly assess it.

Health Canada is reviewing the vaccine, with clinical trials starting last week. However, Health Canada approval and deployment will not wait for the results of those studies, officials say.

The public health department confirmed recently there are already H1N1 cases in Niagara.

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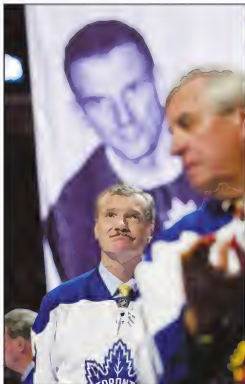
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## ■ HONOURING TEEDER



GREG HENKENHAF Sun Media

Mark Kennedy stands before a banner bearing his father Teeder at a pre game ceremony before last week's Colorado Avalanche-Maple Leafs game at the Air Canada Centre in Toronto. Teeder was honoured for spending his entire 14 year career with the Leafs, winning five Stanley Cups — the last three as captain and being selected the league's most valuable player in 1955.



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**SPECIALS** in effect Fri. Oct. 23rd to closing Thurs. Oct. 29th, 2009 • OPEN SAT. 8-6, SUN. 10-5, MON., TUES., WED. 9-6, THURS-FRI. 9-9

<p><b>CUT FROM ONTARIO AA BEEF OR HIGHER NORWICH PACKERS CORN FED BEEF</b></p> <p><b>BONELESS CAPLESS TOP SIRLOIN STEAKS OR ROASTS</b></p> <p><b>1/2 PRICE</b> <b>3<sup>99</sup></b> lb.</p>	<p><b>FRESH AIR CHILLED BONELESS SKINLESS CHICKEN BREASTS</b></p> <p><b>1/2 PRICE</b> <b>3<sup>99</sup></b> lb.</p>	<p><b>FRESH PORK TENDERLOIN</b></p> <p><b>1/2 PRICE</b> <b>2<sup>99</sup></b> lb.</p>
<p><b>CUT FROM CANADA AA BEEF OR HIGHER NORWICH PACKERS CORN FED BEEF</b></p> <p><b>BONELESS BEEF STEW</b></p> <p><b>3<sup>99</sup></b> lb.</p>	<p><b>DELI Specials</b></p> <p><b>Black Forest HAM</b> <b>2<sup>99</sup></b> lb.</p> <p><b>Smoked MONTREAL STYLE SMOKED BEEF</b> <b>3<sup>99</sup></b> lb.</p> <p><b>Smoked MONTREAL STYLE SMOKED BEEF</b> <b>4<sup>99</sup></b> lb.</p>	<p><b>PUPPO'S HOT OR MILD TURKEY BREAST SAUSAGE</b></p> <p><b>SAVE 50%</b> <b>3<sup>99</sup></b> lb.</p> <p><b>FRESH PORK LEAN MEATY CENTRE CUT SIDE SPARE RIBS</b></p> <p><b>1/2 PRICE</b> <b>1<sup>99</sup></b> lb.</p>

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10 KG BAG

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**WONDER  
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BREAD**  
White Bread with 14 whole grains  
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**UNICO  
TOMATOES**  
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**HEINZ  
PORK & BEANS**  
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**ROYALE  
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6 roll pkg

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**UNICO  
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28 oz. can

**\$1**

**HEINZ  
PORK & BEANS**  
14 oz. cans

**\$1**

**ROYALE  
PAPER TOWELS**  
6 roll pkg

**4<sup>99</sup>**

**UNICO  
TOMATOES**  
28 oz. can

**\$1**

## along the lakeshore

FROM PAGE 8

**Oct. 25:** Worship Church of Christ Disciples invites you to celebrate its 165th anniversary service. Worship begins at 10:30 a.m., with special

music from the Niagara Christian Community of schools, children and youth. Events continue from 3 p.m. to 6:30 p.m. with guest speakers, children's bell and adult choir, year in review, roast beef supper and concert. Call 905-899-1373.

**Oct. 29:** Get Down to Business breakfast networking meeting from 7:15 to 8:45 a.m. at the Hub at the Guild Hall. The objective is to network with

and learn from business leaders in our community. To be inspired and motivated, and to share successes and challenges. Breakfast is \$6. RSVP to Tracy Hrick at [stor351@thouspost.ca](mailto:stor351@thouspost.ca) or 289-241-7790 on Oct. 23.

**Oct. 30:** Meals on Wheels Port Colborne will host a spooky murder mystery dinner (tastefully executed) to support the United Way. Tickets are \$40. Dinner to be held at the Croatian National Home on Broadway Ave., Welland. Call 905-835-1581 for tickets.

Ongoing

• **Tuesdays** at St. Peter's Lutheran Church, 200 Erie St., the Port Colborne Air Cadets will accept new registrations during their training nights from 6:45 p.m. to 9 p.m. The cadets are available for boys and girls from the ages of 12 to 18. Contact John Derosa at 905-227-7609 and visit the web site at [www.cadets.ca](http://www.cadets.ca)

• **Crafters** wanted for the annual craft sale at Friends Over 55, on Saturday, Nov. 14 from 9 a.m. to 1 p.m. Cost is \$10 per table. Call the Centre at 905-835-1731, or stop by 554 Fielden Ave. for more information.

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■ **OPENING:** Bridges Community Health Centre

## New health centre opens its doors



MARYANNE FIRTH Staff Photo

Bridges Community Health Centre executive director Taralea McLean and physician Jason St-Hilaire.

MARYANNE FIRTH  
InPort News Staff

**PORT COLBORNE** — Staff at Bridges Community Health Centre are looking to provide collaborative client-centred care for residents of Port Colborne and Wainfleet.

The centre officially opened its doors last week at its interim location, 504 Steele St., at Port Village Mall.

Executive director Taralea McLean said the location is temporary until next summer when the centre will move to a larger facility on King St. Because of the "huge need for primary care" in the area, McLean said it was crucial for an interim location to open in the meantime.

She said the mandate of Bridges is to provide primary health care, illness prevention, health promotion and community development initiatives.

Services are provided through an interprofessional team consisting of physicians, nurse practitioners, registered nurses and dietitians, diabetes educators, a social worker, a mental health nurse, consulting psychiatrist, health promoter and an administrative team.

"It's a collaborative team effort here. It's a team approach to delivering health care," she said.

The first week the centre is open will be dedicated to helping future clients discover the services within. Staff will be on hand to help people fill out application forms and to answer questions about the services offered.

Bridges — funded by the Hamilton Niagara Haldimand Brant Local Health Integration Network and the Ministry of Health and Long-term Care — also has a site in Fort Erie that's been open for just over a year. The Fort Erie site services local residents and since opening has also served residents from Port Colborne and Wainfleet.

McLean said it was important to bring that accessibility to Port Colborne so clients have the services available in their hometown.

Now we're able to bring the services right into the community.

She said the centre is unique to the area because staff "look at the whole person."

See **OPENING** | Page 18

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- ▶ You should not wear loose dentures. Loose dentures can cause excessive friction and pressure toward the gum tissues and bones, resulting in painful sore spots and bone shrinkage. Have them checked.
- ▶ Dentures can warp if placed in hot water.
- ▶ Dentures can change shape if they dry out. When not in use, cover dentures with (room temperature) water or a denture-cleaning solution to prevent them from drying out.
- ▶ Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-ended bristles. Use denture creams instead of toothpaste, which is too abrasive and will scratch your denture. Rinse with cold water.
- ▶ Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks.
- ▶ Be sure to visit your dentist regularly as part of your recommended check up schedule.
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- ▶ Only your dental professional is qualified to diagnose your oral health and adjust your denture or partial.
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## ■ DOORS OPEN

## Annual event draws visitors to local landmarks

FROM PAGE 6

Brenda Schram and daughter Kylee have visited the courthouse during Doors Open for several consecutive years.

"We make it a habit to do Doors Open every year," Schram said, shortly after the courthouse tour came to an end.

The pair make a weekend out of visiting area sites, saying it's interesting to see areas of building the public aren't generally allowed to visit.

"It's free entertainment," she said with a laugh. Marguerite Lange and husband Peter took a

drive out to Wainfleet from their Welland home to take the tour at Marshville Heritage Village. "It was very interesting," Lange said, adding she enjoyed seeing the historic workmanship found within the village.

Each year, the pair try to attend different Doors Open sites, learning more about the region as they go.

"I think Doors Open is just wonderful. It's so interesting to learn about the history and the goings on.

mfrith@wellandtribune.ca

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■ PEOPLE, PLACES: Niagara College recruits in Toronto: Stuart McLean at Brock

# A little roadtrip to the big smoke



George Duma  
BY GEORGE

Ontario's colleges need students. While that may be stating the obvious, each college has an entire department devoted to the recruitment of those students. We need to demonstrate to potential students what sets us apart from the rest.

It's a unique situation, really. Ours is the only business I can think of where our clients are actually our product as well. Well, perhaps agents are in the same boat, those who represent entertainers and professional athletes.

Our other clients, of course, are the potential employers who will hire our students when they graduate.

But while they're attending our facility, our students are our clients while we try to shape them into a product that will be useful to society down the road.

But I digress. I tend to do that often. Anyway, to meet the end of attracting students, there are a number of recruitment fairs that take place throughout the year designed to give potential students a one-stop-shopping look at what colleges and universities across the province and the country have to offer.

One such event, Explore Design '09, took place last week at Toronto's Metro Convention Centre.

I picked up one of our journalism students, David Janzen, in Welland shortly after 5 a.m. Wednesday. It's been my experience that if you're travelling to the big smoke and you don't do the Burlington curve on the QEW by 6 a.m., you're finished, stuck in gridlock for the next two hours.

Dave and I breezed across the Skyway and around the bend by about 5:55 a.m. and sailed into Toronto by 6:45 a.m. We were being met there by Annette Hemerik, the new chair of the

Media Studies division at the college, acclaimed photographer Stephen Dominick, who currently teaches photojournalism in the Journalism department but who will head up the new two-year Photography program beginning next September, and Lacey McBane, a third-year Graphic Design student. Stephen and I are roommates at the college, sharing a large office together, and we've become good friends over the last 14 months. I just think the world of him and have an immense respect for his photographic abilities. The man is a craftsman and an artist rolled into one.

The five of us would staff the Niagara College booth for the day in the Metro Convention Centre's South Building.

We had so, so much fun. There were more than 5,000 high school students from Toronto and several Ontario who came through to tour the roughly 60 booths that were set up by various learning institutions and related companies. Having Dave and Lacey there made the day for me. They are such wonderful young people, an absolute joy to spend time with. They were also able to answer dozens of high-school questions from a college student's perspective.

The day officially kicked off at 9:30 a.m. with a keynote address by Toronto Mayor David Miller. After his speech, Miller wandered around the facility, touring the various booths and speaking with faculty members and students.

I had about 10 minutes or so to chat with him and he's just as nice as he comes across in the media. Miller recently announced he was not going to run for re-election in 2010. I told him how sorry I was about that. Despite a couple of hiccups during his years in Toronto's big chair, I think Miller and David Crombie have been the two best mayors of my hometown during my lifetime.

"Ah, you know," Miller said. "I got married, went on my honeymoon, we came home and I ran for office. That

was 16 years ago."

I've covered dozens and dozens of politicians during my 30 years in journalism. Miller is as genuine and well-intentioned as any I've ever come across.

It's my belief the protracted garbage strike this past summer did him in. It's also my belief Toronto will be the poorer when Miller leaves City Hall. As Joni Mitchell once wrote, "You don't know what you've got till it's gone." Torontonians will soon learn that first-hand.

## Stuart McLean visits Brock

Stuart McLean, of CBC's *Vinyl Cafe* fame, was at Brock last Wednesday and Thursday. We caught his Thursday show.

For anyone not familiar with McLean, the *Vinyl Cafe* is a radio show on CBC. It's also broadcast on selected public radio stations in the U.S., on Sirius Satellite Radio channel 137, on Podcast, and live online.

The show is written and hosted by McLean and features stories, essays and music, both live and recorded.

I love McLean. He is arguably the best popular storyteller in Canada and, I think, a national treasure.

The *Vinyl Cafe* stories are about Dave, the owner of a second hand record store. Dave's wife is Marley, they two children, Sam and Stephanie, and assorted friends and neighbours. They're hilarious and they inevitably have a poignancy to them that is just so charming and alarming. Give it a listen if you haven't already.

Air time is: Saturdays at 9:05 a.m. across Canada (Radio Two), Sundays at 12:05 p.m. across Canada (Radio One), and Tuesdays at 11:05 p.m. across Canada (Radio One).

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: gduma@coegco.ca.



STEPHEN DOMINICK Submitted Photo

Toronto Mayor David Miller had a chance to meet and greet some of the exhibitors at Explore Design '09, held last Wednesday at the Metro Convention Centre in Toronto. Miller stopped by the Niagara College booth for a chat. The mayor is flanked by third-year Graphic Design student Lacey McBane of Niagara Falls and second-year Journalism student David Janzen of Welland.

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## localbrief

## VOTE FOR EVERY KID ONLINE

PORT COLBORNE — Every Kid in Our Community Port Colborne/Warfield is supporting an idea called Every Kid in Our Com-

munity Counts in the Aviva Community Fund, a competition that could result in positive changes in communities across Canada. If the idea they're supporting receives enough votes, it will have a chance at sharing \$500,000 of funding. Vote at <http://www.avivacommunityfund.org/idea/139>. Votes can be cast daily until Oct. 30.

## ■ OPENING: Bridges Community Health Centre

## New health centre promotes care tailored to individual needs

FROM PAGE 14

When meeting with clients — a word Bridges staff prefer over patients — the centre's team looks at various factors that may be affecting their health, McLean said.

"There are a lot of reasons why people become ill. We spend a lot of time with them to look at social determinants of health" which can include factors such as housing, education and income-level, she said. "If someone's living in poverty they may not be eating right which affects their health."

McLean said many physicians often don't have large periods of time to spend with patients to look at contributing factors. Centre physician Dr. Jason St-Hilaire said many physicians book their days so full, there's little wiggle-room with the short time lines.

"Every client is different, they have different needs," he said. "We tailor care for their individual needs."

St-Hilaire said, "it's not equal care but equitable care" that the centre hopes to provide. According to St-Hilaire, working with an inter-professional team is also beneficial because clients can be referred to specialists within the teams. Because everything is operated under one roof, the wait times are reduced. If necessary, members of the Bridges team will refer clients to specialists outside the centre.

"We can refer people quicker because we have a team approach. It's all in-house," St-Hilaire said.

When the centre was being developed, the community underwent an assessment to deter-

**We can refer people quicker because we have a team approach. It's all in-house.**

Dr. Jason St-Hilaire

mine the needs of residents, McLean said. The priority populations identified in Port Colborne are seniors, children and youth, individuals and families with low incomes and newcomers to Canada.

"The community was also identified as having a "huge diabetes rate," she said.

Bridges offers a diabetes team consisting of a certified diabetes nurse educator and diabetes dietitian educator, who will teach clients to self-manage their diabetes, McLean said.

St-Hilaire said the centre does not offer emergency care and is not a walk-in clinic.

"It's appointment only," he said, adding all clients at the centre are registered.

Having clients come in by appointment allows the team to allot the right amount of time for each patient without keeping walk-ins waiting. McLean said since the Bridges Centre went up last Wednesday, people have been coming and for appointments.

"We want to let people know we're here and we're available."

Those interested in being a client at the centre can stop by the office this week or call 289-479-5017. Bridges is open Monday to Friday from 8:30 a.m. to 4:30 p.m.  
[nj@brbwellandcentre.ca](mailto:nj@brbwellandcentre.ca)

# RECIPE of the Week

Oct. 23rd to Oct. 29th

Our Port Country Pantry's

## Curried Red Lentil Soup

1. Bring lentils & vegetable broth to a simmer in a large pot. Skim off foam that rises to the top. Reduce heat to medium-low, cover & simmer for 5 minutes, stirring occasionally.
2. Add onion, celery, carrots & garlic; simmer, uncovered for 20 minutes
3. Add coriander, curry powder, cumin & parsley. Cover pot & cook for 20 min. or until lentils & vegetables are soft.
4. Season with salt and pepper & stir in lemon juice.

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- 1-1/4 cups finely chopped carrots
- 2 tsp. dried minced garlic
- 1 tsp. coriander
- 1 tsp. curry powder
- 1 tsp. ground cumin
- 1 tsp. dried parsley
- 4. 1/2 tsp. sea salt
- 1/4 tsp. ground black pepper
- 2 tsp. lemon juice



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■ **CALL FOR SUBMISSIONS:** Local children invited to participate in seasonal art contest

## It's time to design your city's Christmas card

In Port News Staff

With Christmas approaching, both Wainfleet and Port Colborne mayors are searching for children who would like to have their artwork displayed on their respective city's Christmas cards.

In Port Colborne, this year's theme is Winter Olympics in Port Colborne in honour of the city's Dec. 21 participation in the Olympic torch relay.

Submissions should be made on a white

sheet of paper, 8.5" x 11", either vertical or horizontal, using any number of colours.

Participants are encouraged to draw pictures of the community enjoying the winter holidays.

The contest is open to all children who live or go to school in Port Colborne up to and including those in Grade 8.

Your name, address and telephone number should appear on the back of the picture.

Submissions must be received at the

mayor's office at city hall, 66 Charlotte St., Port Colborne, ON L5K 3G8 by Friday, Oct. 31 at 4:30 p.m.

In Wainfleet, Mayor Barb Henderson is searching for a photo that best depicts Wainfleet's Christmas season.

All artwork must not exceed 1/4 inch in

total thickness, and drawn on a horizontal, 8.5" x 11" piece of paper with the student's name and grade may appear on the front of the artwork and submissions must include the student's name and grade on the back of the artwork.

The deadline for submissions is Nov. 20.

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■ **MUSIC:** So far, so good for Beth Moore

# Port Colborne singer shoots video in Falls

JOHN LAW  
Sun Media

NIAGARA FALLS — Between the eye glasses, acoustic guitar and sad songs, it's easy to mistake Port Colborne singer Beth Moore for a shy folkie.

She gets that a lot. And she laughs every time.

"I've always been in front of people," she says. "I was a figure skater for 10 years. Being thrown in front of a large crowd to dance around kind of helped."

"I was in school plays. I just thrive in front of audiences."

For years, Moore leaned toward acting. Then, at 18, she picked up a guitar for the first time. Three weeks later, she played her first show.

"And I was terrible! But I knew four chords and I worked with what I had to do, what I wanted to do. And you know what? It paid off, because to get noticed you need to be fearless," she admits.

Three years later, Moore has learned a few more chords. More important, she writes songs people respond to — not personal tales gathered from her first 21 years. Not all of them are pretty, she admits.

"If people listen to my songs, they're going to know quite a bit about me," she says. "(But) sometimes when I'm playing the songs live, I'm thinking, 'Man, I hope they're not listening to the lyrics!'"

"But that's what changes lives. That's what helps people. It shows they're not alone in their struggles."

She has found a second home on Queen St. in Niagara Falls, where she performs weekly at Taps Brewhouse and

Grill, and where she filmed her first music video Sunday night at the 4555 Cafe.

After the shoot, Moore and her band played a full set.

*So Far, So Good* sums up Moore's songwriting style: It may sound sad, but the message is positive. In this case, she looks in her rear view mirror and declares: "You're so far gone / and it's so far, so good."

"It's all about leaving things behind in your life," she says. "Some things in this life pull you in and they're very negative. You need to walk away and know that you'll be fine."

Moore comes from a thoroughly musical family: Her parents played in a travelling gospel band, her brother, Aaron, plays in local jazz bands, the Groove Associates and her other brother, Brad, is in the Niagara rock group Citizen (all three siblings got nominations at last spring's Niagara Music Awards).

The past year has been a crucial one for Moore. Playing two or three shows every week has raised her profile to the point people recognize her on the street ("That's a little weird").

She also caught the attention of local filmmaker Jason Lapish, who wanted to film Sunday's video.

"It happens a lot," she says. "With my record, a recording engineer approached me saying he wanted to work with me on my songs. I really haven't had to look for anyone."

"It means I'm on the right path. It comes out of doing something I really care for, for one, and something I love. I love that other people want to share that with me."



ASHLEY TREDNICK Special to Sun Media

Port Colborne singer Beth Moore has quickly built a following since taking her first crack at a guitar three years ago. She filmed a video at the 4555 Cafe in downtown Niagara Falls.

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